

S O M E  
FRIENDLY CAUTIONS  
TO THE  
HEADS OF FAMILIES:  
CONTAINING  
AMPLE DIRECTIONS TO NURSES  
WHO ATTEND THE SICK,  
AND  
WOMEN IN CHILD-BED, &c.

---

By a P H Y S I C I A N.

---

L O N D O N,

Sold by DAVID WILSON, Bookseller, at *Plato's-  
Head, in the Strand.*

---

M DCC LXVII.

Digitized by the Internet Archive  
in 2019 with funding from  
Wellcome Library

## ADVERTISEMENT.

**T**HE Author, having, in the course of his Practice, met with many circumstances, inclining him to believe that something on the following Plan might be useful, has therefore been induced to lay his thoughts before the Public.

If they meet with approbation, he is rewarded ; if not, he has only thrown away a few leisure hours.



---

## INTRODUCTION.

**A**S it is the Physician's business to heal the sick, it can hardly be supposed, that any endeavour which conduceth to Health, can either be deemed a thing below him, or unworthy of public acceptance; I venture therefore on a subject, which, so far as I know, hath not been attempted hitherto, though (as I humbly conceive) it has been absolutely wanted.

What I mean principally, is a collective view of such things as ought to be understood by those, whose office it is to nurse the sick: An office, which, if well known, and rightly performed, is most certainly of great benefit to



mankind, how trifling soever it may appear ; on the contrary, when it is either neglected, or badly executed, the most fatal consequences often arise. To prove the truth of these assertions, I shall only appeal to every sensible Physician, whether, when the plan prescribed by him hath been punctually observed, he has not commonly seen the disease either yielding readily to the remedies, or terminating in its usual period, without any mysterious or difficult symptom arising through the course of it ? Whereas on the contrary, when his plan hath been altered, as for instance, when the medicines have not been taken at the appointed times, when improper Diet has been given instead of that directed ; when the air in the room, and many other circumstances, have not been properly attended to, whether

he

he has not then known the disease to be aggravated, and frequently diverted from its natural course (if I may be allowed the expression) ; so that new symptoms have arisen, and very often a new disease, which adding force to the former, the power of medicine hath been resisted, nature has been overcome, and death has ensued, even in cases, where if no such errors had been committed, there was the highest probability of the Patient's recovery. This is what I apprehend few will deny ; the mistakes indeed are commonly concealed artfully by the nurse, who is too often imprudently influenced and supported by the Patient : Horrid indiscretion ! I must tell them, that the latter sports with no less than life ; and the former, not only with that, but character and conscience also. For these reasons, I

could wish the heads of families would deign to peruse this little work ; not only because they will be forewarned of dangers, but being enabled also to judge (when sick) how they are treated by their nurses, they may know how to reward them accordingly, as their office hath been well or ill discharged.

Before we enter upon our subject, it may be necessary to observe, that none should be Nurses, unless they are possessed of the following qualities, *viz.* Honesty and Fidelity ; without which they will not only injure others, but themselves also.

Sobriety is also essential. To be intoxicated with liquor is a disgrace to every woman, but unpardonable in those who are entrusted with the lives  
of



of others. Let nurses be aware of this shameful vice, and never give way to it, even tho' at one time they may be exhilarated with joy, and at another time depressed with care and fatigue ; if they do, they will not only endanger the Patient, but infallibly lose their characters, (almost as effectually, as if void of the above virtues) which once lost, may never be regained, tho' their future maintenance may depend entirely on a good name. The more equal and cheerful they are in their dispositions, the better, provided always that they keep their proper distances ; and never incommode the Patient with idle chit-chat, disagreeable subjects, or any thing that can occasion sudden surprize.

They must learn to be very quick and expert in the execution of their  
office,

office, yet without bustle or noise ; the track may be easily kept when once got into, and the objects to be attended to are but few, as for instance, those which are comprehended in the five following Chapters.


## CHAP. I.



## C H A P. I.

*Of things to be observed relating to the*

C H A M B E R.

 T being a well known Fact,  
I that the Life of every Animal  
depends as much on Air as on  
Diet ; and its health also, as much  
on the goodness of the former, as on  
that of the latter ; care therefore should  
be taken, what sort of rooms we usually  
either sit or sleep in, but more especially  
so, when confined by sickness.

Hot Climates require such as are  
high and spacious. In this country, a  
room which is 16 feet long, 14 broad,  
and 10 high, is reckoned a good size,  
particularly for a bed-chamber ; whe-  
ther the length and breadth are more

or

or less, the cieling ought never to be lower : If higher, or coved, the better, as thereby the foul air will have space to ascend, and make way for an influx below of that which is fresh and pure.

A chamber ought never to be lined with wood, or any kind of cloth whatever, but with paper only. If it is situated so as to receive the rays of the Sun some hours every day, it is the better ; provided the weather is not extremely hot.

The Bed should never be placed between the Door and the Chimney, if it can be avoided ; for in this situation, the Air on the side next the fire will be rarified, and that from the door will come with so much force upon the Bed, as to endanger the Patient :



a screen therefore must be so placed, as to prevent the cold air from rushing directly upon the bed. Even supposing no fire, yet if the Bed is thus situated, the air in most rooms will pass so forcibly towards the Chimney, as to affect the Patient ; though not so much as in the former case. Yet it is not advisable to stop up the Chimney-place.

Whenever a Fire is required, it should be kept equally up ; though in a weaker or stronger degree, according to the nature of the disease, the season of the year, and state of the weather. The room, being brought to a due heat, should never cool suddenly, nor the Fire be permitted to go entirely out ; for the Air must be kept always in a state as sweet and temperate as possible : This seldom, or never, can be so well known

known by the Patient, as by others. The Nurse, in this respect, must be directed by the Medical Person who attends ; and in his absence by her own senses, or by those of others, who coming from the open air, will be sensible if any thing in the room is offensive or disagreeable.

When the foul air is to be changed, or the room cooled, the Door must be opened awhile, and if that be insufficient, a window also ; during which time the patient must be well covered, and screened, lest the torrent of cold air come directly upon him.

If the disease be the Small-Pox, and the weather very hot, it is often needful to keep a window open day and night, during the whole course of the disease ;  
but

but in this case the Nurse must take care that the Patient doth not lie in a stream of air, by keeping either the door, or another window open at the same time, unless it be for a minute or two, when the smell in the room becomes extremely powerful ; always ordering things so, that perspiration may be promoted as duly as possible, in the last stage of the disorder. In short, be the disease as it may, the Air in the room should never be tainted with any smoke, dust, putrid, or offensive smell, if they possibly can be avoided.

The floor now and then must be sprinkled with Lavender - Water or vinegar, especially before it is swept ; but it must never be washed either during the month of child-bed, nor the  
course



course of a fever, unless the Patient is able to be removed into another room, till it is perfectly dried.

Some Roses and herbs, as for instance, Lavender, Sweet - Marjoram, Sage, Thyme, Balm, Mint, Southernwood, Rue, Feverfew, &c. may be placed in the room, and such as are most agreeable smelled to by the Patient. When faint, some Lavender - water, or the steams of warm Vinegar, may be applied to the nose ; but smelling-salts, as they are called, and volatile spirits, such as those of Hartshorn, &c. must be used with caution, for they are often pernicious.

If the Nurse deviates from the above plan, it ought to be by the advice of the Physician, who knowing the case,  
it



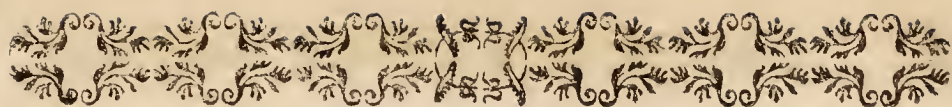
it may be reasonably supposed, will direct what is most suitable for the cure.

It is a misfortune to the Poor, that the Cielings of their houses are generally very low, and that they are often obliged to have several beds in the same room ; but what is worse, (though usually owing to their own sloth and dirty disposition) their linen being foul, and other filth, being suffered to remain in the Room, the air becomes tainted with the putrid steams ; so that if a person falls ill, suppose of a Fever, in itself not malignant, yet, by giving Heartshorn-Spirits, or Venice-Treacle, &c. in order to force sweats, as is too often the case, the disease is not only increased, but often changed so much, that it becomes at

last a putrid or malignant, and frequently an infectious fever. For these reasons, the sick person's room should be kept very clean, and as few sleep in it as possible. People surely may be cleanly, though ever so poor.

The Floor should also be sprinkled with Vinegar, or strewed with Herbs, as before directed ; by which precaution, the infection will probably be nipt in the bud, and hence many lives saved, that otherwise would fall a sacrifice.

## CHAP. II.



## C H A P. II.

*Of what is to be observed concerning the  
BED, and SHIFTING the PATIENT.*

§ 1. **O**F the Bedstead there is little to be said, but the Posts should be high, that the Tester may allow an ascension of the foul Air.

It is extremely needful to have the bed and bedding always as clean as possible, and the newer they are the better; for old ones contract a putridness, not only from the stagnated air which they contain, but from the desudations of those persons who have lain in them.

Silk or worsted curtains, imbibe a humidity, which, together with the

20 *Of what is to be observed concerning*  
dust, occasions mustiness ; such therefore as can be washed, whenever they are not clean, are certainly the best, as for instance, those which consist of Linen or Cotton, or of both.

§. 2. Some people, (sick or well) accustom themselves to have the curtains drawn. This is a pernicious habit, for the air being thus confined, becomes replete not only with what is expired from the lungs, but likewise with a portion of the effluvia, from the rest of the body : hence, in a short time they draw in a considerable part of the excrementitious particles of their own bodies.

The air thus contaminated, is so noxious to a person who comes from the open air, that upon opening the  
curtains,



curtains, when visiting such patients, I have often been almost suffocated ; I therefore wish, that people would adopt such a method as the following, namely, to pin the curtains close to the head of the bed ; and from thence, when the weather is warm, to extend them downwards to near the middle, and when it is cold, to the feet-posts only, without any opening on the sides, by which means the air will not come directly upon the person's head, but gradually round, to afford a supply of fresh, and at the same time, to permit an escape of that which is foul,

When the weather is hot, two feather beds are not to be used, unless a matrafs is placed over them ; for without this precaution the Patient will become faint and languid.

## 22 *Of what is to be observed concerning*

§. 3. The Bed at the beginning of an Illness should be made as smooth as possible, but always higher at the head than at the feet ; and clean linen, (not such as has once been used, of which some have a mighty notion, but such as is well dried) must be laid upon it ; the patient then may go into it, and being covered with such a quantity of cloaths as accustomed to when in health, the curtains must be drawn as before directed.

Facts evince it, that light is conducive to health as well as to life ; it is therefore an error (as I humbly conceive) to darken bed-chambers so much as now is the fashion, especially those of the sick. If indeed the patient is light-headed, or delirious, the fewer objects that are presented to  
his

his view the better ; or if his eyes are affected, as in the Small - Pox, and Measles, &c. the light must then be obscured ; but in other cases its rays should be freely admitted.

§. 4. In cases of Women in Labour, when the Bed is to be got ready for delivery, it must be first prepared as above directed, and then the following linen added, namely, Take two sheets, double them length ways, lay them one above the other across the bed, over the under sheet, and tuck in their ends on each side, below the bedding. Or instead of these, Take one sheet, fold it twice, stitch a tape to each corner, then lay this sheet across, upon the under sheet, and tie it tightly to the bedstead on each side by the tapes. In this manner the bed must remain  
after



24 *Of what is to be observed concerning*  
after the delivery. But to keep it perfectly clean during that operation, the following conveniencies must be added also :

§. 5. Place a bafil skin upon the cross sheet, and over it two sheets four times folded, one upon the other, the uppermost with its end hanging over the right side of the bed ; upon these the patient must lie, and over her another sheet being laid across below the upper sheet, with that end which is towards the right side of the bed turned back over the coverings and pinned, every thing then will be kept clean and in proper order. If the weather be hot, or the labour violent, the upper coverings must be accordingly lessened, until the operation is ended.

§. 6. When



§. 6. When the patient is delivered and has rested awhile, she must be dressed with the suitable apparel, the sheet which lay across above her, and those which were doubled below, together with the basel skin, must be taken away, and then she will remain very comfortably, in the clean linen with which the bed before was prepared.

§. 7. When persons are not in affluent circumstances, and, consequently cannot be so well provided with such requisites as above mentioned, things then must be conducted as follows :

The bed being prepared with the linen which the patient had used before, and a basel skin with a sheet or two doubled, above it, placed as in §. 5.  
she

26 *Of things to be observed concerning*  
ſhe then may undrefs and go into it,  
as ſoon as the obſtetrick operator gives  
orders.

When ſhe is delivered, and has  
reſted about half an hour, ſhe may  
then be taken up, and things conducted  
in the following manner :

Place a large chair near that ſide of  
the bed where the operator ſat, ſpread  
over it a blanket or quilt, wrap the  
patient in the ſheets in which ſhe lay,  
the leather and cloaths which were  
under being included, and kept cloſe  
to her, ſet her immediately on the  
chair, cover her up with more cloaths  
if needful, and then lay the chair back  
on the knees of an aſſiſtant, who muſt  
ſit on another chair at a little diſtance  
behind, and ſupport this chair and the  
patient upon it, in an horizontal po-  
ſition,

sition, till the bed is prepared as directed in §. 3. and 4. that is, with the clean linen and cross sheet ; whilst in this situation, a pillow being under the head, she will remain safe, without any danger of fainting, or getting cold. When the bed is ready, as an assistant warms it, the chair must be moved to the side of it, then raised up, and the patient be dressed as quickly as possible with the clean apparel ; this being done, she must stand up between two assistants, at which instant warm linen must be applied properly, to prevent cold, and as the clean apparel descends, the foul things must fall before it. Having now stood about the space of half a minute, whilst the clean dress is kept close, she must turn round, and sit down upon the edge of the bed, then lay herself upon her  
right



28 *Of what is to be observed concerning*  
right side and be covered up. When  
things are conveniently placed, and  
thus managed, this whole work is per-  
formed easily, without bustle, in fifteen  
minutes, the patient is in no danger  
of getting cold, and she seldom faints;  
if she does, she must be immediately  
laid back, with the chair into an hori-  
zontal position again, and she will  
soon recover; after which the nurse  
must proceed as before.

After this time she ought never to  
be taken out of bed till the beginning  
of the fourth or fifth day, and then  
cautiously, in the following manner,  
for cold being caught even now, is  
commonly attended with danger.

Before she rises, the room must be  
well warmed, and a chair placed by  
the



the side of the bed, with a blanket or quilt over it ; she then must be taken up, with the linen in which she lay, and being covered up, either sit in the chair, or if faint, be laid back as before directed, till the bed is prepared a-new, and her dress also changed as occasion requires. This being done she must repair to bed, and continue there till the seventh day, when she may dress, and sit up about an hour, or more, if no illness forbid it ; but if she is feverish she ought not to be taken up even now, unless by consent of the Physician who attends, for as he can judge of the case, he will know if it may be done or not.

After the first week, (no indisposition forbidding) she may rise every  
day,

30 *Of what is to be observed concerning*  
day, and fit, at first about an hour or  
two, and then longer as her strength  
recovers, which after the twelfth day  
will be assisted by lying now and then  
upon a bed or couch for an hour or  
so, and then sitting up again.

During the whole month she should  
avoid the fatigue of many visitors as  
much as possible, and those whom she  
receives ought not to stay long in the  
room, lest thereby she be incommoded.

§. 8. Whenever a sick person is  
taken up till the bed is made, the  
above method should be observed, be  
the disorder what it may, unless it is  
a fracture in some part of the lower  
limbs; if so, the Surgeon must be pre-  
sent, to take care that the bones are  
not

*the* BED, *and* SHIFTING *the* PATIENT. 31  
not disturbed, and the callus consequently not injured.

It is of great moment to the sick, to have their linen shifted as often as it becomes foul or offensive ; that which is used should be perfectly dry and clean, and not such as hath been used once or twice since the time it was washed, as the vulgar error is ; for by this it will contract a humidity of that nature, which is to be avoided as much as possible.

There is a custom remaining among the common people, in respect to the Small-Pox, which is really to be lamented, it is this : They will not shift their linen till the pustules are dried. Whoever will give themselves but time to reflect, must be convinced,  
that



32 *Of what is to be observed concerning*  
that no disease, (putrid fevers excepted)  
requires more cleanliness in nursing  
than the Small - Pox, especially the  
confluent kind.

I must own, that in such cases I  
have used all the arguments in my  
power, to enforce the necessity of ad-  
mitting the fresh air, and of shifting  
the linen, &c. yet sometimes the ob-  
stinacy (I cannot help calling it the  
cruelty) of nurses, nay sometimes that  
of the neighbours also, has been so  
great, as to prevent their complying;  
and to my farther mortification, I  
have in such cases known the patient  
sink, and even die, under the influence  
of the morbid steams arising from his  
own body, and the filthy cloaths  
around him : whereas if he had been  
kept clean, and the pure air admitted

as



*the* BED, *and* SHIFTING *the* PATIENT. 33

as advised, I have been perfectly convinced, in my own mind, that he must have done well. I cannot, therefore, but heartily wish, that this preposterous and detestable custom may be speedily exploded.

C      CHAP. III.



### C H A P. III.

#### Of D I E T.

**T**H E health of the Human Body having a great dependance upon the quantity and quality of the Blood and Juices, and it being plain, that all those aliments which preserve and maintain a just temperament, and a due quantity of these, are beneficial to Health, whereas such as have a contrary tendency, are to be reckoned unwholesome: a particular regard is therefore to be had to the choice of our Diet, even whilst we are in perfect Health. The prevailing Fashion at present is, to make one repast consist of a variety of Dishes. This mode whilst observed with moderation is laudable, for such a meal will digest

fooner, and with less uneasiness to the Stomach, than one consisting only of one dish ; even supposing the quantity eaten is not quite so much as that of the former. And moreover, there is reason to believe (as I am informed by an ingenious friend, who hath made many experiments upon living animals, relative to digestion,) that the chyle is always the same, let the substance from which it is produced, be either vegetable or animal : that when it appears to be in any respect different, it is owing to its being mixt with such substances as are indigestible in the stomach, such as the Juice of Madder, &c. and that every thing that goes perfectly thro' the digestive fermentation, constantly produces a substance that is alike in all its parts.



But then we must suppose, that the materials which constitute each of these meals, are not spoilt in the dressing; that is to say, that neither by a dissimilar commixtion, nor by the Action of the fire, they are rendered either acrimonious, or totally effete, hence improper for nutrition; for I am apt to think, that this happens too often, even in the most fashionable method of dressing victuals.

If we take but a cursory view of the present state of Cookery, we shall find that many of those Dishes which are reckoned the most elegant, consist of above Twenty articles, some near Forty, and many of them though very incongruous and insignificant, yet extremely expensive: nay, an incredible



credible quantity of the most wholesome food is often destroyed in the production of one trifling article, which when obtained, serves for little else, than to render some heterogeneous farrago, (though agreeable to the palate) more improper for nutrition.

Can we reflect on all this, and not wonder how the opulent, whom we may suppose to be the most reasonable part of the community, can be thus imposed upon; not only in being made the instruments of enhancing the price of provisions, especially now, when its exorbitancy is so justly complained of; but in habituating themselves to the use of such aliments as are better suited for the maintenance of Diseases than for that of Life.

Whoever

Whoever indeed is nice in the gratification of his palate, may enjoy some pleasure whilst he feeds on these delicacies, which consist usually, first of a great variety of animal kinds, and then succeeded by different pastries, confections, and fruits ; but then let me ask him, do they not often tempt him to exceed the bounds of moderation, by eating so copiously, that he soon finds his intellects are obscured, that his stomach is oppressed, and that his whole body is indisposed ? Has he not known some of his acquaintance who have commonly fared so luxuriously, either die apoplectic, or linger on with gouty pains, &c. In short, tho' it cannot be supposed that this exuberant way of eating (which prevails remarkably, even now, amongst the middling

middling ranks of people) has been introduced, by either any particular Person or Nation, with a design to hurt us, yet this observation, I presume, may be made upon it, viz. that there was never a custom better suited to enfeeble, and at last to destroy, the constitutions of British subjects, even at the expence of their own fortunes.

A volume might be written, and very usefully too, upon this head, but leaving it to some abler pen, I shall return to the design intended, namely, to describe the preparations of such aliments as are most proper for the sick ; with an intention that the Nurse (who ought to be the Cook with respect to this part of Diet) may have rules to go by ; and  
that



that the Phyfician, or medical perfon who attends, may not only have a monitor to affift him, in fome refpect, in chufing fuch as are fuitable to the cafe before him, but that the preparation itfelf may be rendered more certain than it too often happens, when verbal directions are given only.

In preparing of all kinds of Aliments, it is effentially neceffary to be very cleanly, but more efpecially in that for fick people, whose ftomachs are often fo greatly weakened and difordered by the difeafe, as to put the Phyfician to his utmoft invention in finding out, by way of Diet, what is agreeable to Nature. The Nurfe therefore muft not only be cleanly in her perfon, as obferved before, and in  
the



the materials which she uses, but she must take care that the vessels in which they are dressed, are either Silver, Iron, or Copper well tinned, and kept as perfectly clean as possible.

S A G E.

## S A G E - T E A.

Take of

The leaves of green Sage, plucked from the stalks and washed clean, half an ounce ;

Loaf Sugar one ounce ;

Outer rine of Limon-peel, undried, a quarter of an ounce ;

Boiling water, two pints.

Infuse them in a deep vessel for half an hour, and then strain off the Tea.

When the Sage is dried, it must be used in a less proportion than that above.

In the same manner Teas may be made of Balm, Rosemary, Southernwood, &c. the Limon - peel being omitted, or not, and the Sugar lessened or increased, as occasion requires.

R O S E -

## R O S E - T E A.

Take of

Red Rose-buds, the white heels being  
taken off, half an ounce ;

White-wine Vinegar, three spoon-  
fuls ;

Double refined Sugar, one ounce ;

Boiling Water, two pints.

Infuse them in a white stone, or  
porcelain vessel, well covered, for  
two hours, and then strain off the  
Tea.

When the roses are dried, a quarter  
of an ounce will be sufficient.

## O A T M E A L - T E A.

Take of

Oatmeal, one handful ;

Boiling Water, one gallon.

Mix

Mix them in a deep pan, and when they have stood about half an hour, or until the meal is subsided, strain off the tea.

### B R A N - T E A.

Take of

Bran, fresh ground, two handfuls;  
Common Treacle, one spoonful;  
Boiling Water, six pints.

Mix them well, and when they have stood, covered, about three or four hours, strain off the tea.

### L I N S E E D - T E A.

Take of

Linseed, whole, one ounce;  
Double refined Sugar, an ounce and  
an half;  
Limon-juice, two ounces;  
Boiling Water, two pints.

Infuse



Infuse them in a stone or porcelain vessel, for some hours, and then strain off the liquor.

An ounce of Liquorice, shaved, may sometimes be used instead of the sugar.

### M A L T - T E A.

Take of

Ground Malt, one pint ;

Boiling Water, three pints.

Stir them well together, and let the mixture stand, close covered, for three hours, after which strain off the liquor.

### C A M O M I L E - T E A.

Take of

Camomile-flowers, one handful ;

Boiling Water, one gallon.

When

When they have stood covered up, about half an hour, strain off the tea.

If this Tea is to be drank to strengthen the stomach, it must be made stronger, as for instance, about a quarter of an ounce to a pint.

### WHITE-WINE WHEY.

Take of

New Milk, two pints ;

Water, one pint ;

White-Wine, one gill.

Put the milk and water into a saucepan well tinned, and set them upon a clear fire, and when they begin to boil, throw in the wine. Boil them about fifteen minutes, during which time, as the curd, or cheefy part collects, take it off with

with a spoon, and if the whey is not clarified enough, \* with this quantity of wine, add a spoonful or two more; then boil it a little longer and skim it, by which means it will become sufficiently fine, and then it may be poured into a basin for use.

When it is to be made weaker, it must be boiled longer, that is, till the spirituous part of the wine flies off. But when it is to be made stronger, or when it is to be prepared with Sorrel-juice, Cider, or Cream of Tartar, &c. directions will be given accordingly by the Physician who attends.

## L I M O N A D E.

\* Or it may be clarified thus, beat the white of an egg, let the whey cool, mix them together, boil them for a minute or two, and then strain  
through a cloth.

## L I M O N A D E.

Take of

The outer rind of fresh Limon-peel,  
about one drachm ;

Limon-juice, one ounce ;

Double refined Sugar, two ounces ;

Boiling Water, a pint and half.

When they have stood in a stone,  
or porcelain bason, about ten minutes,  
strain off the liquor.

## O R A N G E A D E.

Take of

The fresh outer rind of Seville  
Orange, one drachm ;

Orange-juice, two large spoonfuls,  
and about one half ;

Double-refined Sugar, one ounce  
and about three quarters, or  
enough



enough to make it of an agreeable  
sweetness ;

Boiling-Water, one quart.

When they have stood in a white  
stone or porcelain vessel, about ten  
minutes strain off the liquor.

### The E M P E R I A L D R I N K.

Take of

Cream of Tartar, one drachm ;

The outer rind of fresh Limon or

Orange Peel, half a drachm ;

Loaf Sugar, one ounce ;

Boiling Water, two pints.

When they have stood in a white stone  
or porcelain vessel about ten minutes,  
strain off the liquor.

### O X Y C R A T E.

Take of

White Wine Vinegar, four spoonfuls ;

Virgin Honey, an ounce and half ;

D

Spring

Spring Water, one quart.

Mix them together in a white stone or porcelain vessel.

If Honey disagrees with the patient, this drink may be sweetened with sugar instead of it.

## B A R L E Y   W A T E R.

Take of

Pearl-Barley, two ounces ;

Water, two quarts.

Wash the Barley first well with some cold water, then pouring on about half a pint of water, boil it a little while, and this water which will be coloured, being thrown away, put the Barley into the quantity of water above directed, first made boiling hot, boil away to half, and then strain off the liquor.

B R A N

## BRAN DECOCTION.

Take of

Bran, newly ground, two handfuls;  
Water, three Quarts.

Boil till only two quarts remain; then  
strain off the liquor, and add to it  
a quarter of a pound of the best  
Honey.

BUTTERED WATER, *or what  
the Germans call* EGG SOUP.

Take of

Water, one pint;

The Yolk of an Egg;

Butter, the bigness of a small walnut;

Sugar enough to make it agreeably  
sweet.

Beat up the yolk with the water, and  
then add the butter and sugar.

D 2

Stir

Stir it all the time it is upon the fire, when it begins to boil, pour it to and fro between the saucepan and mug till it is smooth and well frothed, and then it will be fit to drink.

## W A T E R   G R U E L.

Take of

Oatmeal, two large spoonfuls ;

Water, one quart.

Mix them well, and boil them about ten or fifteen minutes, stirring often ; then strain the gruel through a sieve, and add sugar and salt enough to make it agreeable to the taste. When it is designed as a meal, dissolve in it a little butter, and then add bread and nutmeg as occasion requires.

R I C E



## R I C E   G R U E L.

Take of

Ground Rice, two ounces ;

Cinnamon, a quarter of an ounce ;

Water, four pints.

Boil them above half an hour, the cinnamon being put in near the latter end of the decoction, then strain the gruel through a sieve, and add of double-refined Sugar, (Sugar of roses, or Syrup of Quinces) enough to make it agreeable to the patient's taste.

When this is to be used as a meal, the rice must be boiled above an hour, in only a quart of water, with half the quantity of cinnamon thrown in towards the latter end of the decoction, and then wine added, as occasion requires.

W H I T E

## WHITE CAUDLE.

Take of

Oatmeal, two spoonfuls ;

Water, one quart ;

Mace, two or three blades ;

Three or four Cloves.

Mix them well together, boil them about fifteen minutes, stirring often, then add a few slices of the outer rind of a Limon ; when the mixture has boiled about fifteen minutes, strain it through a sieve.

As it is used, add to it white Wine, grated nutmeg, and double-refined Sugar, enough to make it agreeable to the Patient. Toasted Bread is to be added likewise, as her appetite requires.

BROWN

## BROWN CAUDLE.

Boil the gruel as above, with three spoonfuls of the oatmeal, then strain it, and add a quart of good mild ale; boil it again, and then as it is used, add toasted bread, nutmeg, and sugar, as before directed.

Some approve of a little wine in this also, but then less ale must be used in the first composition. Others like a few slices of ginger, some Jamaica pepper, or both, with the above ingredients, but if the patient is feverish, these had better be left out.

## PANADO.

Take of

Bread, one ounce;

Mace, one blade;

Water, one pint.

Boil

Boil them, without stirring, till they mix and turn smooth, then add a little grated nutmeg, a small piece of butter, and sugar enough to make the mixture agreeable.

When butter is not approved of, two spoonfuls of wine may be used in its stead.

## S A G O.

Take of

Sage, one large spoonful ;

Water, about three quarters of a pint.

Boil them gently, stirring often, till the mixture is smooth and thick, then add two spoonfuls of wine, a little nutmeg, and sweeten it to the taste.

## S A L U P.



## S A L U P.

Take of

Salup, finely powdered, a tea spoonful ;

Water, half a pint.

Mix the salup well in a cup of the water, then add the rest, and put the mixture into a saucepan, set it over a clear fire, and keep it continually stirring, till it acquires the consistence of a jelly ; add to it a large spoonful of wine, a little nutmeg, and sweeten it to the patient's palate.

## The W H I T E D R I N K.

Take of

Burnt Hartshorn, prepared, two ounces ;

Gum Arabic, an ounce and half ;

Water, three pints.

Boil

Boil the water away to a quart, and then strain.

Red Wine and Sugar may be added, as occasion requires.

## R E N N E T   W H E Y.

Take of

New Milk, one quart ;

Rennet, a large spoonful.

Put the milk into a saucepan, and when it is a little more than milk warm, mix the Rennet with it, keep it on the fire in a gentle degree of heat, till the curd, which as it separates from the serous part and collects, is taken off with a spoon, and then the whey will be fit for use.

The Rennet is prepared thus : Take a Calve's Bag, with the curd in it, (that is the Duode num replete with congealed

congealed Chyle) pick the hairs entirely out, and wash the curd, and likewise the bag, very clean with water, then put the curd into the bag again, with near half a pound of Salt, and let them stand in a clean glazed pan about a week ; then take three pints of water and one pound of salt, boil and skim until the liquor comes to two pints, set it by, and when it is cold, pour it upon the bag in the pan. When it has stood thus about a week longer, the brine or liquor, (now called rennet) will be fit for use, and keep good for several months.

N. B. Whoever has not an opportunity of making this, may obtain it from the pastry-cooks, who generally prepare it right, and keep it by them.

## The VULNERARY DRINK.

Take

Ground-Ivy, Colts-Foot, and Liquorice, each one ounce ;

Elecampane, half an ounce.

Boil them in four pints and an half of Water, to two quarts, and then strain off the liquor.

## The PECTORAL DRINK.

Take of

Common Barley and Raifins stoned, each two ounces ;

Liquorice root, half an ounce ;

Water, two quarts.

Boil the water first with the barley, then add the raifins, and afterwards near the latter end of the boiling, the liquorice. The decoction then will be fully compleated, when one quart  
only



only of the liquor will be left after straining.

## OATMEAL FLUMMER Y.

Take of

Oatmeal (or grits) what quantity you please ; put it into a broad deep pan, cover it over with water, stir them well together, and when they have stood about twelve hours, pour off the water so long as it runs clear, that is, till it comes to the mealy part ; then pour on a larger quantity of fresh water, mix, and let them stand twelve hours more ; then pour off the clearest part of this also, and repeat the process again about twelve hours afterwards. When the oatmeal has been thus macerated

cerated about thirty-fix hours; the clear water being poured off and thrown away, the thick or mealy part must be strained through a hair sieve, and put into a well tinned saucepan ; this being done, let it be well stired while it boils, upon a clear fire, until it acquires a thick consistence ; it is then to be taken off the fire, and poured into dishes, and when cold turned out upon plates and eat with milk, or rather with wine and sugar, or cider and sugar.

## POTATOE FLUMMERY.

Take of

Potatoes, one pound.

Boil them gently in a sufficient quantity of water, till they are brittle or  
tender

tender, then take them out of the water, and peel the skins entirely off. When this is done, add salt enough to season them, mash them well, and put them into a saucepan again, with a quarter of a pint of milk, and two ounces of butter ; warm them a little, during which time let them be well mixed, and beat fine and smooth with a spoon. The mixture then which may be called Flummery, will be fit for use, and may be eat either by itself, or with bread.

## B R E A D   S O U P.

Take

The upper crust of a Roll, the drier the better ; cut it into pieces, and put it into a saucepan, with a pint of water, and a piece of butter about half as big as a walnut ; boil  
them

them well, every now and then stirring and beating them, till the bread is mixed, then season the soup with a very little salt, and pour it into a basin.

### SOUP MEAGRE.

Take of

Butter, half a pound ;

Put it into a deep stew-pan, place it upon a gentle fire till it melts, shake it about, and let it stand till it has done making a noise ; have then ready, six middling onions peeled and cut small, throw them in, and shake them about. Take a bunch of Sellery, clean washed and picked, cut it in pieces about an inch long, a large handful of Spinage, clean washed and cut small, a little bundle  
of



of parsley chopped fine, shake all these together in the pan for about a quarter of an hour, then sprinkle in a little flour. When they are stirred again, pour into the stewpan two quarts of boiling water, then take of the dry hard crust of bread broken into pieces, one handful; of beaten pepper a tea spoonful; of mace three blades, beat fine; put these into the mixture and boil them gently half an hour: take all now from the fire, beat up the yolks of two eggs and stir them in, then add a spoonful of vinegar, and the soup will be fit for use.

The vinegar may be left out if it disagrees with the patient, or is inconsistent with the medical plan observed in the cure.

## GREEN PEASE SOUP.

Take of

Young Green Pease, half a pint ;

Two large cabbage letuces, washed  
clean and cut into slices ;

Three middling sized onions, cut  
also into pieces ;

Beaten Black Pepper, a tea spoonful,  
or more if required ;

Water, one quart ;

Salt enough to make it agreeable.

Put all these into a saucepan, and set  
them upon a gentle clear fire, cover  
the saucepan, and let them stew a  
full hour, then add two ounces of  
fresh butter, mixed up with flour ;  
stir all well together, and when  
they have boiled about fifteen mi-  
nutes longer, the soup will be well  
prepared.

This

This Soup may happen to be too flatulent for a stomach which is very weak ; but when the valetudinarian begins to recover health, especially before animal food is to be allowed, it will in some cases be found useful as well as agreeable, for which reason it is inserted here.

### MUTTON BROTH.

Take of

A Loin of Mutton, one Pound ;  
Water, three pints.

Put them into a saucepan, and set it upon a clear fire, throw in a little salt, and as the scum rises take it carefully off with a spoon ; then add a little onion, if there is no objection to it, and two blades of mace. Boil till the meat is very tender, then

take it out, pour the broth into a bafon and when cold skim the fat part, which is congealed on the furface, entirely off; after which a part of the broth may be warmed and given to the patient as often as needful. A little boiled Rice may be added here occasionally.

### MUTTON BROTH *with* BARLEY.

Take of

Scotch Barley, two large fpoonfuls;  
Water, one quart.

When they have boiled for half an hour, pour the water entirely off, and add three pints of fresh water, one pound of lean fcrag of mutton, and a little falt. Boil again, and take the fcum off as it riles; this being done, throw in one onion of  
a



a middling fize, two turnips, sliced, and a little parsley ; then having boiled till the meat is tender, the broth will be fit for use.

## BEEF BROTH.

Take of

Lean Beef, as clear of fat as possible,  
four ounces ;

Water, a pint and half ;

Salt, sufficient to season it.

When it begins to boil, skim it for five minutes, then add about two blades of Mace, and continue the boiling ten minutes longer, which being done, the broth may be poured into a bason for use.

## CHICKEN

## CHICKEN BROTH.

Take

A middling sized Chicken, divide it into two parts, take the skin and fat entirely off, put one half into a saucepan, with a quart of water, seasoned with a little salt; as the scum rises take it off, then add a blade or two of mace, and a crust of bread, and when boiled about three quarters of an hour in all, the broth will be fit for use.

## ANOTHER WAY.

Take

The fleshy part of the legs of a Chicken, without skin, fat, or bones, put it into a small saucepan, with a pint and half of water seasoned with salt; boil, and as  
the

the scum rises, which will not be much, take it off, then add a blade of mace, a little bundle of parsley, and a crust of bread; when they have boiled about half an hour, the parsley may be taken out, and the broth will be fit for use.

## EEL BROTH.

Take

Six small Eels washed clean, and the skin stript off; cut them into pieces about an inch and half in length, put them into a pint and half of water, with a little salt; when they begin to boil, take off the scum as it rises. This being done, add two blades of mace, six whole pepper corns, and a little parsley, then let them stew  
about

about half an hour, and the broth will be fit for use.

This is placed here instead of Viper-Broth. The Physician will direct when it is proper to be taken.

## BOILED CHICKEN.

Take

Thin slices of Bread, pour upon them some of the chicken broth as above prepared, and then lay the Chicken as then boiled, over them.

Let this be eaten without any other sauce.

When the appetite is more recovered, and the case permits, it may be dressed as follows :

Take

Half a Chicken, wash it clean from the blood, and put it into a saucepan with a quart of boiling water, seasoned



soned with a sufficient quantity of salt. As the scum rises, take it off, and when the chicken has been boiled about half an hour, it may be laid upon a plate, over such sippets as above directed, and the lean parts of it eaten either with those, or with parsley and butter sauce.

## STEWED CHICKEN.

Take

A good Chicken, and half boil it, then lay it upon a pewter or silver dish, cut off the wings and legs, separate their joints, then take off the breast bone, and if enough of liquor does not drain from the fowl, add a few spoonfuls of the broth. Put in a blade of Mace and a little salt, cover the whole up close with another dish, set it  
over

over a stove, or chafing dish of coals, let it stew till the Chicken is enough done, and then serve it up hot to the table, in that dish in which it was stewed.

N. B. Rabbits, Partridges, and Moor-Game, may be dressed the same way.

## BOILED PIGEON.

Take

One Pigeon, drawn, skinned, and washed very clean ; boil it in a sufficient quantity of milk and water, that is, about half a pint of each, for fifteen minutes. When thus prepared, it may be taken out, and eat with the following sauce :

Take

The liver parboiled, bruise it fine, with a little parsley boiled and  
finely

finely chopped ; melt some butter, and mix a little of it first with the liver and parsley, then add the rest, and pour the whole upon the pigeon.

### A P I G E O N *Stewed in Paste.*

Take

A Pigeon drawn and washed clean, season it with pepper and salt, inclose it in puff paste ; tie the whole in a cloth, that the paste does not break, and then boil it in water an hour and half. When the bag is untied, and it is put upon a plate, a little gravy sauce may be used with it ; or if that is not agreeable, let it be eaten with the gravy only which is contained in itself and the paste.

BOILED

## BOILED PARTRIDGE.

Take

One Partridge, drawn and washed very clean, put it into a saucepan with a quart of boiling water, seasoned with a little salt; take off the scum as it rises, and let the boiling continue about ten or fifteen minutes, by which time the Partridge being done enough, may be eaten with the following sauce :

Take

The crum of a French Roll ;

Water, half a pint ;

Pepper, about six corns ;

A piece of Onion, if no objection to it ;

And a little salt.

Boil it to a smooth consistence, then add about the bigness of a walnut of butter, and when mixed it will be ready for use.

BOILED



## BOILED FLOUNDER.

Put the Flounder into a stew-pan, with a sufficient quantity of boiling water, seasoned with a little salt; take off the scum, and continue the boiling about ten minutes, then take the Flounder out, and when it has lain awhile upon a fish-plate to drain, it may be eaten with parsley and butter sauce.

## BREAD PUDDING.

Take of

Crums of Bread, about half a pound ;

New Milk, about three quarters of  
a pint.

Pour the milk boiling hot upon the bread, and let it stand about an hour covered close up ; then add the  
yolks

yolks of two eggs, well beaten ; a little grated nutmeg ; about a spoonful of rose-water ; a little salt, and sugar also, if agreeable ; beat the bread well, and mix the whole together with a spoon. Tie it then close up in a clean linen cloth, and when the water boils, put it in ; boil about three quarters of an hour, then take it out, lay it upon a plate, pour over it some melted butter mixed with a little mountain wine, if there is no objection, and sprinkle a little sugar over all.

### BREAD PUDDING *without Eggs.*

Take

A French Roll, pour over it half a pint of boiling milk, cover it close, and let it stand till it has soaked up the milk, tie it then up  
lightly

lightly in a cloth, and boil it a quarter of an hour. When it is laid upon a plate pour a little melted butter over it. If there is no objection, some mountain wine may be mixed with the butter, and the whole sprinkled over also, with powdered sugar.

### B A T T E R   P U D D I N G.

Take of

Flour, three spoonfuls ;

Milk, one pint ;

Salt, half a tea-spoonful ;

Beaten Ginger, Nutmeg, and Tincture of Saffron, each a tea spoonful.

This pudding may be eat as the preceding, with a little melted butter, wine and sugar.

When Eggs are allowed, the yolks of three, and white of one, must be beaten well together, then mixed with the above ingredients, and boiled only about half an hour.

R I C E

## RICE PUDDING.

Take of

Ground Rice, three ounces.

Put it into a pint of milk, and let it boil till it is pretty thick, stirring it all the time; then pour it into a pan, stir in a quarter of a pound of sweet beef suet, chopped very fine, and two ounces of sugar. When it is cold, grate in half a nutmeg, beat three eggs, with a spoonful of sack. Beat and mix all well together, pour it into a dish, first rubbed over with a little butter, and then bake it.

RICE PUDDING, *without Eggs.*

Take of

Rice, two ounces.

Boil it in a pint of milk, stir it that it does not burn, when it begins to  
be



be thick take it off, let it stand till it is a little cool, then mix well in, two ounces of butter, half a nutmeg grated fine, sugar enough to make it agreeably sweet ; pour it into a proper dish, first rubbed over with a little butter, and bake it.

## A P P L E P U D D I N G.

Take

Three middling sized Apples, pared, and cut in quarters, with the cores taken out, lay them in a good puff paste of about half an inch in thickness. When the paste is closed up, tie it tightly in a cloth, put it into boiling water, and when boiled an hour, take it out, put it upon a plate, open it upon the top, and then put in a little

F

butter,

butter, and sugar enough to make it agreeable to the palate.

## POTATOE PUDDING.

Take of

Potatoes, one Pound.

Boil them, and take the skins entirely off, then beat them in a mortar; mix in four ounces of melted butter, tie the whole up in a cloth well floured, and boil it again for about half an hour; when it is turned out, and laid upon a plate, pour some melted butter, mixed with two spoonfuls of white wine, and one spoonful of orange juice, over it. A little powdered sugar, also, may be sprinkled over all.

BLANC

## BLANC MANGER.

Take of

Ifinglafs, fliced, one ounce.

Infufe it in cold water twelve hours, pour the water off, and then put the Ifinglafs into a quart of new milk, with three or four Bay-Leaves, fresh gathered; fet it upon a clear fire, ftir it very often till the Ifinglafs is diffolved, and then ftain it through a hair fieve. Add of double refined Sugar, enough to make it agreeably fweet, and two fpoonfuls of Orange-Flower Water; thefe being well mixed, and when it has ftood about a quarter of an hour, pour it then into proper cups, firft wet. When cold turn it out upon plates, as it is to be ufed, and ftick into it fome

small Pieces of blanched Almonds.  
It may be eaten with sugar and wine,  
&c.

## HARTSHORN JELLY.

Take of

Hartshorn-Shavings, half a pound ;  
Water, three pints ;  
White Sugar-Candy, in powder, six  
ounces ;

Mountain Wine, a quarter of a pint ;  
Orange or Limon Juice, one ounce.

Boil the Hartshorn with the water, by  
a gentle heat, in a silver, or well  
tinned vessel, till two parts are  
wasted ; strain out the remaining  
liquor, add to it the other ingre-  
dients, and boil the whole over a  
a gentle fire, to the consistence of a  
soft jelly.

If



If half a pint of this Jelly is dissolved in a quart of barley-water, it makes an excellent drink in some cases ; but when neither wine nor acids are to be allowed, the following method may be used :

Take of

Hartshorn Shavings, half a pound ;

Barley-water, four quarts.

Boil away to half, then strain, and add sugar enough to make it of an agreeable sweetness.

### CALVES-FEET JELLY.

Boil two Calves Feet in one Gallon of Water, till it comes to a quart, then strain it, and when it is cold skim the fat entirely off, and take the Jelly up clean ; if there is any settling at the bottom leave it. Put the Jelly  
into

into a faucepan, with a pint of Mountain Wine, half a pound of Loaf Sugar, the Juice of four large Limons, and the white of fix or eight Eggs, beat up with a whisk; mix all well together, fet the faucepan upon a clear fire, and stir the Jelly till it boils. When it has boiled a few minutes, pour it through a flannel bag, till it runs clear. Have now ready a large China-bafon, with fome Limon-peel in it, cut as thin as poffible, let the clear Jelly run upon them while warm, and from thefe it will acquire both an amber colour and an agreeable flavour. Afterwards it may be poured into glaffes.

ISINGLASS

## ISINGLASS JELLY.

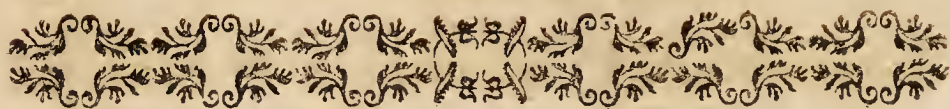
Take of

Ifinglass, one ounce ;

Water, one quart ;

Cloves, a quarter of an ounce.

Boil to a pint, and then strain the liquor through a flannel bag, upon four ounces of double-refined Sugar, and one gill of Mountain Wine. When they are well mixed, pour the Jelly into glasses.



## CHAP. IV.

### *Of* ADMINISTERING DIET.

**I**N the cure of diseases, experience proves, how much depends upon a proper choice and administration of Diet.

We see one series of disorders, wherein the appetite, either from a bad habit, or from some morbid affection, craves such things chiefly, as have a tendency to heighten the disease.

Another series, in which the patient's whole fabrick being fully engaged, and struggling with the disease, in order to conquer it, the stomach, (till  
in



in that conflict nature gets the better) loathes every kind of aliment, except such as is fluid, and that only which consists of pure water alone, or such as is mixed with some vegetable ingredient ; nay sometimes, even this too, as for instance, when the stomach is either diseased in its substance, or is loaded with morbid humours, or when the disease has vanquished Nature, &c.

And we see in a third class, the stomach not affected, but dispensing with all kinds of food ; yet these being taken indiscriminately, the disease is not only nursed, but the medicines, which usually are the most efficacious in curing it, rendered entirely ineffectual.

To give a particular explanation of those diseases, and of the effects mentioned, is not my business here ; they are so very well known to every Proficient in Physic, that it may reasonably be concluded, whenever a Physician directs a plan of Diet, he first considers the past and present state of the patient, the state of the disease, and the qualities of the medicines which he prescribes.

It behoves the Patient therefore to regard his rules ; the Nurse to see them punctually observed, and both to be cautious how they deviate from them ; as fatal consequences may sometimes arise, from what may seem to have been but a trifling variation. The diet which is chose must be prepared either as directed in the preceding

ceding Chapter, or as the Physician shall order ; who judging of the case before him, will make such alterations as he finds needful.

In most diseases, especially in the Small Pox and putrid fevers, the patient's mouth should be well washed, before any thing is taken into the stomach ; and the cleaner it is kept in the intervals, the better.

The stomach must never be oppressed with much at a time ; about half a pint is enough, and that should be repeated only as nature indicates. This will generally be known by the patient's desire of, or dislike to it. I say generally, for in some cases where there is great weakness, insensibility, or both, the patient may not be able  
to



to give such indications : And there are other cases, (especially fevers, which terminate badly) where the patient's thirst is insatiable. In either of these exigencies, the nurse must proceed with discretion ; that is, in the former she must rouse the patient every hour or two, and give a cup, or half a pint of such drink as directed ; and in the latter, she must be cautious, and allow but sparingly, till the Physician or Apothecary can be consulted.

It is a vulgar error, and a very common one too, that a sick person is to be supported by rich broths, by jellies, or by solid meat itself. The outcry is, that the Doctor will starve him. Hence the relations (I must not call them friends) combine ; the nurse (I am sorry to say it) becomes sometimes



a confederate ; a nourishing and comfortable thing, as it is called, is soon invented ; the deadly mess is dressed, and the unhappy patient is crammed in opposition to appetite, even though it may happen, that his constitution shudders at it ! What is the consequence ? It is this, such broths and jellies (allowing them sometimes to be relished) do not nourish, but serve to increase the febrile heat, which, perhaps at this time is too great already ; and the chylopoëtick organs being not yet able to digest any solid food, if meat is eaten, it must remain in the stomach and intestines, and oppress them, till at last corrupting, the disease is heightened by this new addition of heat and putrefaction.

Nurses

Nurses take care ! If you indulge relations, at the expence of the patient's life, how will you satisfy your conscience afterwards ?

When you are obliged to act by yourselves, you are justifiable in acting to the best of your judgment ; but when a Physical Person is concerned, whom you see watchful of every step which nature takes, and ready to give the necessary aid as soon as indicated, you may certainly rest satisfied, with only such as he allows ; even though after the disease is conquered, and the appetite begins to crave, he directs you to give but sparingly for several days.

There are mistakes also with respect to lying-in women, which I cannot  
bnt

but take notice of, as for instance, First, It is often urged that the good woman may have some Chicken even the day she is delivered; and some who have a very athletick constitution will take it too, and yet get off with impunity. But then how often do we see women, after such repasts, seized with a fever, faintings, violent disorders in the bowels; then with a purging, and sometimes with other symptoms which are still more dangerous! Solid meat therefore should never be eaten before the third or fourth day, and then but very sparingly, till after the milk fever subsides, and the body has been duly relieved from indurated fæces. Secondly, those who do not suckle the child, are commonly debarred from drink during the milk fever, whereby the blood not  
being



being duly supplied, the milk, if not the whole fluids, becomes thick and viscid, and forms obstructions in the breasts, &c. which often prove troublesome, if not dangerous. As in the former cases, so in these, it is always best to be directed by the Medical Person who attends.





## CHAP. V.

### *Of* ADMINISTERING MEDICINES.

**T**HE whole world hath seen, and still must be convinced, how much the Cure of Diseases depends upon a right choice and administration of Medicines ; it is also well known, that the former wholly, and the directory Part of the latter, belongs properly to him who has made Physic his study as well as profession, and therefore not to be treated of here : But as the executive part of the latter is left commonly to the Nurse, and sometimes to the Patient, a few cautions (it is presumed) may be offered, which, errors arising either from neg-

lect or whim, and committed every day, render necessary.

We may reasonably allow (as was observed with respect to Diet) that the Physician will consider carefully, first, whatever relates to the disease, the constitution, &c. of the Patient; secondly, the nature and powers of the Medicines he prescribes; and thirdly, the most elegant form or manner of composition, in which they can be given; it therefore may as reasonably be concluded, that those medicines should be taken punctually according to his directions, and not altered without his knowledge, for every trifling symptom that may arise in the course of the disease, or for such whims as may arise in the patient's fancy. If there is any material change expected to happen before his  
next

next visit, he will commonly give notice thereof, and directions how to act accordingly ; but whether he does or not, he ought always to be consulted before his plan is altered ; for cases may happen, wherein if but one Medicine is neglected, it can never be administered again properly, and consequently the Patient may either be lost, or greatly injured.

There are circumstances with respect to some persons, and symptoms attending some diseases, which cannot be omitted here, seeing, that the former subject those persons, especially when sick, to great difficulty in conforming to the requisites of cure ; and that the latter give them mistaken notions : As for instance, Some people are unfortunately prompted, or permitted in

G 2

their



their youth to indulge certain fears and apprehensions, especially the Fair Sex, who being thus enslaved to such, are thereby subjected to Hystericks, and Miscarriages, &c. Others being bred up with strong prejudices, and an excessive like, or dislike of certain things cannot be persuaded to comply with what is thought the properest method of cure, namely, a particular regimen, Bleeding, Vomiting, Blistering, &c. and thus their lives are often endangered, if not lost. Or if they survive, the cure is not only procrastinated, but the future part of their lives often rendered very miserable, by some consequent disease remaining fixed in the Constitution.

The



The Symptoms which give birth to mistaken notions, are such as follow :

First, Reachings and Vomitings, which are variously produced, as for instance, from Pregnancy ; from the miasma of fundry fevers ; from diseases in the substance of the stomach itself, or some other of the viscera, with which that organ sympathizes by means of nerves, from morbid humours accumulating within it, and vellicating its inner coat so much as to bring on spasms ; or from errors in eating and drinking, &c.

These complaints arising from the above causes, are very common, and sometimes continue awhile after the stomach has been properly washed ; so that the medicines prescribed, though  
ever

ever so good, or so well adapted, are nauseated, and sometimes rejected. This to the Physician is no ways strange, for having investigated the disease, he discovers the cause ; but not being so well known to the Patient, and to his attendants, a prejudice arises directly against the medicines, which being taken for the cause, the remainder of what was ordered is condemned and set aside. What is the consequence ? Why, it commonly happens, that on the next visit the Physician finds the disease to be less alleviated than he expected, nay, perhaps worse, than if no medicines had been taken at all ; and to his farther mortification, he often perceives either the Patient, his attendants, or both, disgusted so much with him, that he  
experiences

experiencies more difficulty in curing their distempered minds, than in removing the disease for which he was employed.

Secondly, When acidities, or other bad humours affecting the first passages, are to be gradually corrected or altered, it is not unusual for a commotion, and then a flatulency to arise, and occasion an uneasiness in the stomach, &c. immediately after each dose of the medicine is taken. Now although these proceed neither from an error in the prescriber, nor in the medicine, but are effects medically produced till the humours are corrected and expelled, they both nevertheless suffer commonly the same censure as hath been observed in cases of Reaching and Vomiting.

Thirdly,



Thirdly, Through the course of many diseases, particularly fevers, it commonly happens, that the patient hath little or no inclination to eat, till nature has gained the victory. But this not being rightly understood by either him or his attendants, an outcry is made, that he will never have an appetite whilst he takes medicines. Hence the remonstrances of the Physician are over ruled, and the remedies are discontinued ; yet the appetite doth not recover, nor does the case grow better, but rather worse. The reason is obvious, if they would but only observe, that as the disease is cured, the appetite in consequence will revive.

Fourthly, As the cure of diseases which are very stubborn, hence tedious,  
require



requires usually a long course of medicines, even of those whose operations can be known but obscurely, if at all by the patient, he is therefore out of humour, and becomes either irregular in the use of the remedies, or leaves them entirely off. Besides, the disease being still uncured, he quarrels with his Physician, (though perhaps he has been conducted by him through the most difficult stages of his illness) and not uncommonly sends for another, who, if not so honest as to undeceive him, enjoys the honour which was due to the former.

It is too common a case for some persons to be very soon prejudiced with the conduct of others, and even for trifles, to mistrust their abilities wholly ;

wholly ; sometimes not scrupling to go so far as to reproach them unfairly, though their character (which is a jewel of much value to a Medical Man) may be injured by it. But setting this aside, it is here wished that they would befriend themselves, by attending to the truths above hinted ; and steadily persevere in the use of such means as are offered, for the sake only of their own lives and future healths.

By these observations, I do not mean to screen any unskilful, or improper use that may be made of medicine, or to raise it into higher esteem than what it deserves ; on the contrary, it is my real opinion, that he who knows his business best, will  
most

make it his constant care to heal with fewest medicines ; and will always be most ready to resign his patient to diet alone, so soon as he knows it can be done with safety.

The use of Clysters is often of great moment, and as their administration is commonly now resigned to the Nurse, it behoves her therefore to be very expert in this part of her office ; for if she is not, the Patient is not only disgusted, but is often injured. For these reasons she ought always to have in readiness an armed pipe, the point of which should be made smooth, and as free as possible from any edge or roughness, that may cause pain or uneasiness.

As

As to the operation, if she is not perfectly skilled in it, she may do it in the following manner :

The Bed being prepared with a sufficiency of cloaths to keep it dry, the Patient must be placed on his left side across it, with the knees forwards, and then covered decently ; the clyster being likewise prepared, and brought to that moderate degree of heat, called milk warm, must be poured into the bladder, and secured, by tying the opening ; which being done, and the pipe anointed, the whole must be placed in the bed, near to the Patient. The Nurse now must pass the point of her left fore finger (the nail being cut short) close to the Anus, or a little within it, and then slide the pipe along this finger, till the greatest part  
of



of it is entirely introduced. In doing this the pipe must be directed a little backwards, taking care not to push it against any part so much as to cause pain. When thus introduced, its outer end must be held fast, whilst with the other, she takes hold of the string, and pulls out the cork; when this is done, the bladder must be grasped with both hands, and the contents forced up, keeping the pipe in its place at the same time. When the Clyster has been pressed out of the bladder, the pipe must be withdrawn, and that directly, especially if there ensues a forcing, the patient must get upon the chair, and assist himself, as occasion requires.

Some use a Syringe for this purpose, with a flexible leather tube fixed between

tween the Cylinder and Pipe, by which means it is rendered so convenient, that the Patient may use it himself.

There is also another Syringe invented, with two such tubes, each of which is supplied with a valve in opposite directions, so that when one pipe is placed in the fluid, and the other in the Anus, a large quantity may be thrown up; nay, I have known above a gallon thus injected, in order to reach the part of the intestinal tube which was obstructed. This Syringe is very useful, but as it should be employed only by a skilful Surgeon, a farther account of it here would be needless.

And

And moreover there is an instrument with a flexible tube, &c. for conveying the fumes of Tobacco into the Intestines ; which operation belongs properly to surgery also.

F I N I S.

2000 1000 500 0

1875



## ERRATA.

Page 13. line 9. for *advisable*, read *adviseable*

Page 79. the Batter Pudding without Eggs,  
requires *six spoonfuls of flour*; and when all  
the ingredients have been well mixed, they  
must be boiled an hour.

Page 80. line 3. for *three ounces*, read *one  
ounce and an half*.

Page 83. in Blanc Manger, *three or four  
leaves of the common Laurel will give a  
better flavour than that of the Bay*.

